

Tzatziki Sauce

Ingredients

- 1/3 cup + 1 tbsp plain nonfat yogurt
- 2 tbsp + 2 tsp sour cream, reduced fat
- 8 tbsp cucumber
- 1/2 tsp parsley, fresh
- 1/2 tsp dill weed, fresh
- 1/4 tsp kosher salt
- 1 tsp garlic, granulated

Directions

1. Mix together yogurt and sour cream.
2. Peel and seed cucumbers, then small dice.
3. Finely chop parsley and dill for a total of 6 tbsp, chopped.
4. Combine all ingredients and serve chilled.

Notes

Number of Portions: 4

Serving Size: 1 oz

Nutrition Facts: 32 calories, 1.16 g fat, 0.71 g saturated fat, 118 mg sodium, 3.26 g carbohydrate, 0.18 g fiber, 2.1 g sugar, 2.15 g protein

